

# NURSE NEWSLETTER

October 2024

## Reminders

Iowa law mandates that kindergarten and third-grade students receive a vision screening no earlier than a year before enrollment and no later than six months after. Iowa KidSight provides screenings for kindergarten students with parental consent. If your child is in kindergarten or third grade and has not yet had a vision screening, please contact your eye doctor to schedule. If you have already given consent for Iowa KidSight to screen your kindergartener, no further action is needed.

## Immunizations

All provisional certificates of immunization expire on October 23, 2024. If your student is not up to date on immunizations, please schedule an appointment. Iowa law requires current immunization records, a medical exemption, or a religious exemption on file for school attendance.



## National Oral Hygiene Month

October is National Dental Hygiene Month, a great time to emphasize the importance of oral health for our students!

### Why It Matters

Good dental hygiene is crucial for preventing cavities and gum disease and supports overall health.

### Tips for Healthy Teeth:

1. Brush Twice Daily: Encourage brushing for two minutes, morning and night, with fluoride toothpaste.
2. Floss Daily: Flossing removes plaque between teeth where brushes can't reach.
3. Limit Sugary Snacks: Choose fruits and veggies over sugary treats.
4. Regular Dental Visits: Schedule check-ups to catch issues early.

Let's encourage good dental habits together for healthier smiles! If you have questions about dental health, feel free to reach out. Happy brushing!



### Important Dates

On October 25th, Decatur County Public Health will hold a flu clinic at Central Decatur Schools. Flu shots will be available for both staff and students, regardless of insurance status. Staff members with Wellmark Blue Cross Blue Shield should complete the Private Flu Consent form, while all others should use the VFC/VFA flu vaccine consent form. Please note that no student will receive a flu vaccination without a signed parental consent form. Consent forms will be available in both the North and South Elementary offices.



# Trick or Treat Safety Tips

Keep your ghosts and goblins safe with these Halloween safety tips.



### Cross at Corners



Use sidewalks when available and always cross streets at corners. Never cross between parked cars or from driveways. Try to make eye contact with drivers before crossing in front of them.

### Stay in Groups



Accompany young trick or treaters and teach those mature enough to be out on their own to stay in familiar, well-lit areas and to trick or treat in groups and never on their own.

### Avoid Distractions



Carry a cell phone for emergency communication, but keep it put up to avoid unnecessary distraction. Keep your head up and focus on pedestrian safety.

### Careful Costumes



Avoid masks that can obstruct a child's vision. Have your child carry or wear glow sticks to make them more visible to drivers or attach reflective tape to their costume or trick or treat bag.

Happy Halloween

Stay safe!!!

